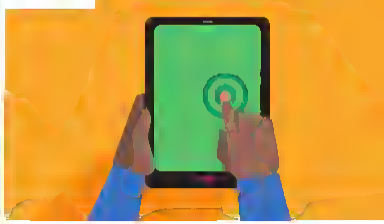
Free 2015 calendar

12 Crossing the line

21 Free Wi-Fi in libraries



thenewhammag

issue 307 // 16 January 2015

Lessons from the past

Survivor's story marks Holocaust Memorial Day (p8)

Newham London

HOLOCAUST MEMORIAL DAY

Tuesday 27 January 2015, 9.30am-12.30pm
Old Town Hall, 29 The Broadway, Stratford E15

Marking the 70th anniversary of the liberation of the Auschwitz-Birkenau concentration camp

Residents are invited to attend this event where Holocaust survivor Rudi Oppenheimer will share his first hand testimony as our guest of honour and main speaker. There will be musical performances and readings by Newham school children.

This is a FREE public event. All are welcome to attend.

www.newham.gov.uk/hmd @NewhamLondon newhamevents

KEEP THE MEMORY ALIVE

the newham mag

Look out for the next issue out from **30 January**
View the mag online at **www.newham.gov.uk/mag**

contents

16 January 2015 // **issue 307**

Welcome to the first edition of what will be a monumental year for our borough.

Before we start to look forward we ask you to remember the past. Read why Rudi Oppenheimer has dedicated his retirement to ensuring the horrors of the Holocaust are never forgotten (p8).

Stub out smoking for good with support from Newham's stop smoking service (p11) and make sure you're registered to vote in the upcoming general election (p19).

This year sees us play host to Rugby World Cup 2015. East London Rugby Club's Jim Crick heads to Brazil to coach kids ahead of the 2016 Olympic and Paralympic Games (p10). And it's happy birthday to us as we look forward to celebrating 50 years of Newham Council with a celebratory calendar, free with this issue.

Councillor Jo Corbett
Cabinet member for equalities

Keep in touch with Newham Council via:
www.newham.gov.uk
@NewhamLondon
www.facebook.com/newhamcouncil

SENIOR PUBLICATIONS OFFICER Anita Bhogal
STAFF PHOTOGRAPHER Andrew Baker
NEWHAM MAG ASSISTANT Farhat Hussain
To contact the *Newham Mag* team email
newham.mag@newham.gov.uk
or call **020 3373 1517**

To advertise in the Mag call
Julie Madell on **07890 529 090**

If you do not receive the *Newham Mag* at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2QU, or email newham.mag@newham.gov.uk

Publication of an advert in the *Newham Mag* does not constitute endorsement of any goods or services offered.

The *Newham Mag* is printed on 100 per cent recycled paper by Woodford Litho Ltd and distributed by Letterbox Distribution.

Regulars

04 NEWS – two pages of news from across the borough
06 MAYOR'S VIEW – news from Sir Robin Wales
12 WORKING LIVES – Jim Crick takes rugby to Brazil
16 NEWHAM IN PICTURES – your fortnight in photos
22 OUR NEWHAM – community news
24 KIDS' CORNER – pictures and puzzles for our younger readers
26 WHAT'S ON – five pages of activities and events for you to try – most of them free

08

11

12

21

Features

08 HORRORS OF THE HOLOCAUST – survivor Rudi Oppenheimer prepares to share his story
11 BUTT OUT FOR GOOD – stop smoking support
15 A YEAR TO REMEMBER – key dates for 2015
19 REGISTER FOR YOUR RIGHT TO VOTE – changes to the way you register
20 TINY IDEAS, BIG RESULTS – Newham's Micro Enterprise project
21 REASONS WI – free Wi-Fi at all Newham libraries

Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit **www.newham.gov.uk/lovenewham**

Shoddy house pair fined
A landlord and letting agent have been fined for housing offences uncovered by Newham's environmental health officers at a dilapidated and unsanitary property in Harrow Road, East Ham

When officers visited the seven bedroom property in July 2013 they found there were no working fire detectors, mould on the walls and a dirty kitchen, bathroom and hallways

Letting agent Anjum Rashid of AJ Properties Ltd in Ilford was fined £32,500. Owner Pritpal Sira from Chadwell Heath was found guilty at Thames Court of various breaches of housing regulations and fined £2,700.

Opinions on housing services
Newham Council is sending out questionnaires to a large sample of tenants and leaseholders to find out their opinions on housing services offered by the council

Views are being sought on what people think of properties, landlords and neighbourhoods. The council needs as many people as possible to complete the survey to ensure it is a complete picture of what residents think

If you have received a questionnaire, take the time to complete and return it before 6 February. If you do, you will entered into a draw and have the opportunity to win up to £200. All the information provided will be used for research purposes only

Teacher honoured
Ray Coe, a special educational needs co-ordinator at Royal Docks Community School in Custom House, received an MBE in the New Year honours for services to education and the community in Newham

In October he received a Daily Mirror Pride of Britain award for best teacher after he donated one of his kidneys to a 14 year-old student at the school

Read his inspirational story online. Visit **www.newham.gov.uk/mag** and see issue 304, 7 November

Council ready for grit expectations

Cllr Corbett at the grit depot

Newham Council is ready to put its winter maintenance plan into action should temperatures plummet and snow and ice arrive

To keep the borough moving roads would be pre-treated with salt on a priority basis, starting with bus routes and main roads which carry more than 1,500 cars an hour at peak times. Roads will also be treated after ice or snow to keep the busiest roads safe with priority also given to the next day's rubbish collection routes when resources permit

Priority for clearing footways are town centres, traffic interchanges, shopping centres and outside buildings such as schools, old people's homes, day centres and doctors' surgeries

Councillor Ian Corbett, executive member for environment and leisure, said "Our winter maintenance plan is in place and we have a full stock of grit."

For information on keeping warm and staying healthy in winter visit **www.newham.gov.uk/winter**

Hazardous food products seized

Hazardous food products seized

Newham Council, acting on hazard warnings from the Food Standards Agency (FSA), seized quantities of dried fish products and African land snails from shops in and around East Ham, Plaistow and Upton Park

The council was instructed by the (FSA) to visit shops and remove certain products supplied by Ades Limited, based in Charlton, which had been handling and packaging the items in an unapproved establishment and under unsatisfactory hygiene conditions

Newham's food safety staff visited 11 shops. A total of 249 bags, each weighing 100g and containing assorted dried fish products, were removed from three premises. Small amounts of products were removed from four others. All the shops handed over items voluntarily and all products will now be destroyed

For more information visit the FSA website at **www.food.gov.uk** and go to the Food Alerts section

Signs herald Rugby World Cup 2015

Newham Council has marked the start of the year of Rugby World Cup 2015 by unveiling welcome signs to herald the borough's status as an official Host City of the global sporting spectacular.

Five matches will be played at the Olympic Stadium in September and October. New rugby ball-shaped fascias have been installed on six welcome signs that were erected around the borough ahead of the 2012 Games. Four new signs have also been placed at entrance points.

Mayor Sir Robin Wales unveiled the first sign in Meridian Square, Stratford, with Newham Council chief executive Kim Bromley-Derry, deputy mayor Councillor Lester Hudson, Nick Bracken, chairman of East London Rugby Club, and Alex Pearmain, Newham's Young Rugby Ambassador.

Sir Robin said: "They will remind residents and visitors of the exciting times to come as we build up to the first match at the Olympic Stadium in September."

For news about Rugby World Cup 2015 visit **www.newham.com**

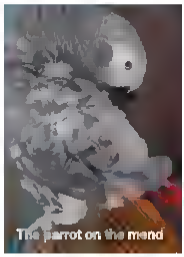
Parrot owner is prosecuted

The owner of an African Grey parrot that was so distressed it had plucked out its feathers has been jailed after being prosecuted by Newham Council.

Aziza Kalami from Plaistow was found guilty at Thames Court of offences under the Animal Welfare Act 2006. She was prosecuted for causing unnecessary suffering to the bird and given two, 12-week custodial sentences to run concurrently.

The court also imposed a deprivation order so that Newham Council was able to rehome the parrot. Kalami was also banned from keeping, owning or being in charge of any animals for three years and ordered to pay an £80 victim surcharge.

The parrot was seized by animal welfare officers following concerns raised by police who had visited the property regarding a separate incident. The parrot was kept low on the floor in a barren cage and in smoky conditions. It has since been rehomed and is doing well.


The parrot on the mend

Not letting up on letting agents

Newham Council has issued 11 penalty charge notices of £5,000 each against letting agents who have not joined Government-approved professional membership schemes.

Newham is the first local authority to act against agents who have been required since 1 October 2014 to join one of three approved redress schemes. It means they can be investigated if they have not been clear about fees or other issues.

In September the council wrote to 66 agents who were not signed up. This was followed by visits from trading standards officers who re-issued the letter and gave agents 28 days to comply. More than half signed up to a scheme but 11 charge notices have been issued to businesses that were non-compliant.

Residents can ask letting agents which scheme they are signed up to. For details visit **www.newham.gov.uk/privatetenantsadvice**

Happy 50th birthday Newham

In April 1965 East Ham and West Ham borough councils came together to form the London Borough of Newham – a place that, no matter where you come from – we all call home.

The first 50 years of Newham is a great story with some iconic moments in our history, from FA Cup wins for the Hammers to the closure of the docks and creation of thousands of jobs through regeneration projects such as Westfield, ExCeL and London City Airport. That's all before we start reminiscing about the unforgettable 2012 Games and how they enhanced Newham's landscape and placed us firmly on the global map.

> "I will continue to strive to ensure Newham residents get the same opportunities as those in more affluent areas."

During the years we have built up a track record as somewhere that welcomes people, trade, business and innovation. The harmony we enjoy is renowned. We are a council ready to show the way in being positive, far-sighted and in tune with the bigger picture.

We are planning many activities to mark our 50th anniversary and residents will play a huge part in those celebrations. There are also more once-in-a-lifetime moments to look forward to. We will proudly host Rugby World Cup 2015 and the very first Great Newham London Run, which I am pleased to say is now part of the world-class Great Run series.

I have my own memories of events in our history since I was first elected in 1982 as a councillor. I have been honoured to serve residents as a ward member, council leader and elected mayor. I am sure you have your own memories of events from the past 50 years and I look forward to hearing about them as we spend the next 12 months marking our past and planning for an even more successful future.

Whatever the year holds, the one thing you can count on is that I will continue to strive to ensure Newham residents get the same or better opportunities as those in more affluent areas. I will protect the services you say matter most to you.

Images from the past 50 years taken from the 50 Years of Newham calender, free with this issue

Mayor's view

An assault on our values

I have offered condolences on behalf of the residents and councillors of Newham to the people of France following the horrific terrorist attack in Paris on the offices of satirical magazine *Charlie Hebdo* and subsequent events.

It was an appalling attack on freedom of speech, democracy and on the values we all hold dear. The families of those who died and the injured remain in our thoughts.

Newham residents know all about the spirit of tolerance that exists here between different races, faiths and cultures. We will not put up with division and the politics of hate here or elsewhere. At East Ham Town Hall just before Christmas, for example, we came together to remember the children killed in the Peshawar school massacre. And that is why we work, in everything we do, to bring our whole community together.

We are proud to say that we live in harmony. Our diversity is our strength and together we will stand up against those who would try to divide us. *Nous sommes tous Charlie* (we are all Charlie).

Young musicians making the grade

With EcaM youngsters and Sara Reybould, director of the London College of Music

I love seeing and hearing how the youngsters on Newham's Every Child a Musician (EcaM) programme are progressing and just before Christmas I got to present some of them with certificates.

Working with the London College of Music and University of West London, we have been piloting music grades and performance awards which assess the achievements of those taking part at beginner and intermediate levels and beyond.

These are properly accredited examinations and qualifications. Of the 63 pupils from primary and secondary schools who took the pilot tests, there was a 100 per cent pass rate across the eight musical instrument groups. Of those, 32 passed with distinction. The next step is to extend the awards and examinations across all the schools in the EcaM programme. Well done to all the children who took part and to their tutors, without whom the success could not have been achieved.

with Sir Robin Wales

REMEMBERING THE

It's estimated that six million Jews, and millions of others, died at the hands of Nazi persecution for no other reason than they were different. Holocaust Memorial Day, 27 January, remembers those who lost their lives during one of history's darkest chapters, to ensure that atrocities like it are never repeated.

Rudi Oppenheimer's parents and grandparents were among the millions of innocent casualties of the Holocaust. He was still a child when he was taken to the camps of Westerbork and then Bergen-Belsen along with his brother, sister and parents. Now aged 83, Rudi has dedicated his twilight years to sharing his story to ensure the memories of the Holocaust are kept alive.

> **"If you disagree with something, speak up. Most people think: 'I'm only one person, it won't make any difference'. But it does."**

When German-born Rudi and his family relocated to Holland they continued to have a happy life. Afternoons were spent cycling or at the beach. In 1940 the Nazis invaded. Within five days the Government had been overturned and the persecution of Jews in Holland began. They were banned from public places like parks, libraries and swimming pools and forced to attend Jewish-only schools. As well as having to wear a yellow star, curfews were also imposed. Bicycles were ordered to be handed in and Jews were not allowed on the bus or tram. Rudi said: "None of my friends knew I was a Jew until the laws were brought in. We had only 24 hours notice that we were being forced to leave. I never had a chance to say goodbye."

Three years after Nazi occupation, Rudi and his family were torn from their homes and taken to the Westerbork Camp before being moved seven months later to the notorious Bergen-Belsen, where Anne Frank and her family were also taken.

What followed forms the basis of Rudi Oppenheimer's moving survivor's story, which he will share at Newham Council's Holocaust Memorial Day event on Tuesday 27 January.

Working with the Holocaust Educational Trust, Rudi gives around 100 talks a year. He has spoken all over the country and as far as America. He has been spending his retirement spreading the truth about what happened in the hope that it might prevent it from occurring again. And for him, there's a simple message: 'Speak up'. Had they spoken up in Germany, the Holocaust may have never have happened.

"During the war, the Nazis imprisoned Jewish men married to non-Jewish women. The wives protested outside the prison. There was a huge crowd. In the end the Gestapo decided to let the prisoners out because they didn't want a bloodbath.

"It you disagree with something, speak up. Most people think: 'I'm only one person, it won't make any difference'. But it does. I think a lot of these things, such as genocide, won't be repeated exactly, but it could happen. When things get bad like the economy, people get bad too."

For years after his release, Rudi and his family never spoke about what happened in Bergen-Belsen. It was only after his older brother was awarded an MBE for services to industry, and was taken back there by a journalist who discovered his past, that he started to remember and remind others. Rudi followed suit: "I worked with Shell, in computing. I travelled around the world and that gave me the confidence to speak, eventually, about the Holocaust.

"The reason I talk is because we haven't learnt anything. Rwanda, Sudan, Afghanistan, Iraq, Syria, Ukraine – I felt whenever you watch television there's something similar in a new country. None of them did it in the same way as the Nazis but some, like Bosnia, for example, were just as bad with their camps."

> **"The talk is better than anything a teacher or anyone else can tell you because I was actually there."**

With numbers of Holocaust survivors dwindling, Steven Spielberg plans to immortalise testimonials like Rudi's using 3D technology. But while they are still with us it's important that we listen to their stories firsthand. Rudi said: 'Come if you want to learn something about history. The talk is better than anything a teacher or anyone else can tell you because I was actually there."

HOLOCAUST MEMORIAL DAY

Tuesday 27 January, 9.30am-12.30pm
Old Town Hall Stratford, Broadway, E15

Rudi will share his story and there will be an opportunity to ask questions. The event also includes performances and readings from Newham schoolchildren. Visit **www.newham.gov.uk/HMD** to read more about Rudi.

HOLOCAUST

Ruti Oppenheimer

Public Health England

Newham London

Our Smokefree products

millions

stop smoking

Face-to-face | App | Email | Text

For FREE support in Newham you can contact your local pharmacy, GP or visit one of the community drop-ins. Go to **www.newham.gov.uk/stopsmoking** or call **020 3373 6630** for more information.

NHS

SMOKEFREE

Join the activeNewham team and get more active in 2015

Work out in our gyms, improva your swimming in our pools, try a new exercise class and play your favourite sport!

We have everything you need to get fit and stay in shape

Enter our **PRIZE DRAW** with the chance to win 12 month's FREE membership for you and your partner worth £1000

Go to the activeNewham Facebook page and register now!

Great value mambarships with no contracts and no joining fee until 28 February 2015!

Balaam Leisure Centre,
14 Balaam Street, Plaistow E13 8AQ

East Ham Leisure Centre,
384 Barking Rd, East Ham E6 2RT

Newham Leisure Centre,
261 Prince Regent Lane, Plaistow E13 8SD

*Terms and conditions apply. Prices vary from centre to centre.
*This number is charged at the same rate as calls to geographic landlines (those that start with 01 or 02). It is included in call allowances (bundled talk time or "free" minutes the same way as regular landline call fees.

In partnership with

Newham London

active newham

Dying for a cigarette?

If quitting smoking was one of your new year's resolutions, and you've slipped up or not managed to stop yet, support is available when your willpower waivers to help you quit for good.

Your local stop smoking advisor can offer advice and support to help you quit. Advisors can be found in most pharmacies, many GP surgeries and community drop-in services. They have access to a range of licensed medication (excluding e-cigarettes) and can provide practical and behavioural support to help with your chances of quitting.

Seven out of ten smokers would like to quit smoking so why wait for the next New Year to come around? Make today the start of your new smoke-free life.

The image above is part of Public Health England's stop smoking campaign, which shows how smoking damages the body. An internal rot is caused by the many chemicals in cigarette smoke, which not only cause cancer and harm the lungs and heart but bones, muscles, brain, teeth, skin and eyes too.

Thinking of quitting? Ten tips to help you

1. Attend Newham's Stop Smoking Service.
2. Set a quit date and stick to it.
3. Use NHS approved treatment or medication, most of which are available over the counter or on prescription. Your stop smoking advisor can help you decide which product to use.
4. Get rid of all your leftover cigarettes, ashtrays and lighters.
5. Let people know you are stopping – so you can get their support.
6. Make plans for coping with stressful situations and times when you know you usually smoke.
7. Do something else – distract yourself.
8. Try to put aside the money you would have spent on cigarettes each day and treat yourself with the money you have saved.
9. Drink plenty of water or fruit juice.
10. Think positively: take it one day at a time.

Visit www.newham.gov.uk/stopsmoking or call 020 3373 6630 for more information.

Going nuts for rugby in Brazil

Thanks, in part to the rugby coaching he has been delivering in the borough's primary schools funded by Newham Council, Jim has been selected by Premiership Rugby, working with the British Council, to teach the sport in the South American nation.

Try Rugby Brazil is an innovative programme that is supporting the country's efforts to develop and raise the profile of rugby ahead of the sport being introduced to the Olympic Games for the first time in Rio in 2016.

Jim said: "There are so many parallels with what is currently going on in Newham. When I first started coaching in our primary schools not many kids knew about rugby but most knew all about football and West Ham United.

"Rugby Sevens will be an Olympic sport for the first time in Rio, joining wheelchair rugby, which is already a Paralympic sport. I am looking forward to opening young people's eyes to what it's all about. It's just like what Newham Council are working on

Names like Pelé, Ronaldo and Neymar might roll off the tongues of sporting mad youngsters in Brazil, but East London Rugby Club's Jim Crick believes Jonny Wilkinson, Chris Robshaw and Owen Farrell will soon be just as well-known.

ahead of Rugby World Cup 2015 coming to the Olympic Stadium in September"

The council is funding a programme that in 2014 saw rugby coaching delivered at 14 schools during school holiday periods and regular Sunday morning sessions for girls and boys at East London Rugby Club in Memorial Park, West Ham. The expectation is for representative junior teams in various age groups to be formed under the banner of Newham Knights.

Jim's experience of working with young people in Newham is what attracted Premiership Rugby to his talents. He said "I was able to demonstrate how kids jumped at the chance of playing a new sport and are loving rugby. I think we are making an impact. A lot of them have been asking where their nearest club is so I think we have converted a few from football to rugby. I hope for more of the same in Brazil."

The goals Jim has been working to achieve in Newham will be the same in the lead up to Rio 2016 – to increase participation but also to utilise rugby's culture and core values to initiate health and fitness, education and social change.

He said, "It's all about using rugby as a tool to get disadvantaged young kids off the street, channeling their energy in the right way and helping them gain valuable social skills such as leadership.

"I will be looking to build links between the 12 Premiership Rugby clubs in the UK and rugby coaches close to Sao Paolo. Everyone knows the big teams here like Saracens and Harlequins, but I'll also be telling them about East London Rugby Club and taking over some spare kit for the kids to wear."

Jim had to complete a rigorous training and selection programme for his new community role. He said, "They were impressed with my experience in teaching kids whose first language is not English and that I've coached very large classes in very small areas and in all weathers. I've also been coaching the East London women's team. Women's rugby is more popular than the male version in Brazil because the men all play football."

Jim concluded, "On a personal level, this will be a fantastic opportunity for me to travel and coach in a country rich in sporting culture. I'll be sad not to see any of the Rugby World Cup 2015 games at the Olympic Stadium but this is too good an opportunity to miss."

Junior rugby coaching sessions are open to girls and boys aged six to 16 at East London Rugby Club, Memorial Park, Holland Road, E15, on Sunday mornings from 10-11.30am. All ages and levels of experience welcome. For information about East London RFC visit www.pitchero.com/clubs/eastlondonrfc/

sugar swaps change 4 Life

time for sugar swaps

It's surprising just how much sugar there is in some of the things we give our kids. Sign up to Sugar Swaps for loads of easy ways to cut back on sugar throughout the day.

Search Change4Life

Newham London

Newham Council's Fleetcare

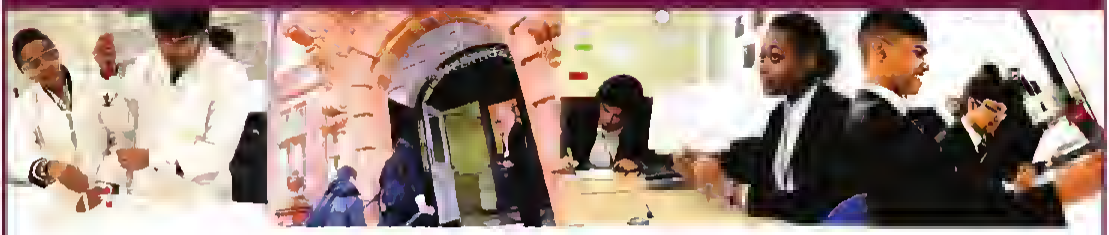
MOT for Class 4 (car) – currently £40
Includes FREE winter health check when booked online

We can also MOT all vehicles in classes 3, 5 and 7
(up to 3,500kg design gross weight) by appointment only

Book online www.newham.gov.uk/MOT
Or contact us on 020 8472 0343

Central Depot, Folkestone Road, East Ham, London E6 6BX

Newham Collegiate Sixth Form Centre



Now welcoming student applications

Find out more and apply online now at

www.TheNCS.co.uk

In partnership with Newham London

@ncs6th

thencs

In strategic partnership with UCL

Happy Birthday NEWHAM

The New Year has just begun but there is already so much to look forward to in 2015.

This year our beloved borough will turn 50 and to mark the momentous occasion there'll be celebrations across Newham

This summer, the eyes of the world will once again be focused on us as the Olympic Stadium plays host to another major sporting event – Rugby World Cup 2015, which kicks off in September

Whatever the next 12 months hold you can be sure that you can have a good time at our free annual events. Block out your diaries and tell your friends you'll see them at the following great family days out.

> **Mayor's Newham Carnival, Saturday 11 July: Watch our animated parade wind its way around East Ham**

> **Mayor's Newham Show, Saturday 11 and Sunday 12 July: Free family fun returns to East Ham's Central Park**

> **The Great Newham London Run, Sunday 19 July (tbc): Now part of the Great Run series, the annual event returns to Queen Elizabeth Olympic Park**

> **Under the Stars, 13 to 16 August: Arguably one of London's best music festivals, head to East Ham's Central Park to dance the night away Under the Stars**

> **Guy Fawkes Night Fireworks: taking place in November, this jaw-dropping aerial extravaganza is a must see.**

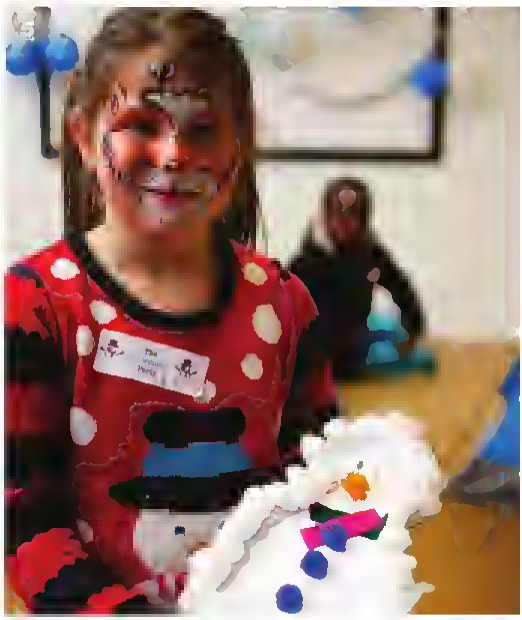
From April, we'll begin our 50th birthday celebrations. Keep reading the *Newham Mag* for details of the following events

> **Newham in Bloom – help make the borough blossom**
> **community garden parties**
> **touring heritage exhibition**
> **themed tea dances.**

We'll also help you host your own celebrations via our Let's Get the Party Started grants programme, where you can get £250 towards funding events which bring the community together. Find out more by visiting **www.newham.gov.uk/grants**

For updates on all 50 years celebration events and activities visit **www.newham.gov.uk/50years**

Newham in pictures



1 Free theatre Pupils from Colegrave School Stratford, enjoy *The Girl Who Forgot to Sing Badly* at Stratford Circus thanks to Newham Council's Every Child a Theatre Goer programme **2** A blast from the past (L R) Former dockers Mark Tibbs Patrick Holland and John Ringwood come together beside their sculpture outside ExCeL Custom House to mark 50 years of Newham **3** First class classrooms Excitement builds at the grand opening of the Jordanne Whiley Wing at North Beckton Primary School **4** Handy antics to while away the holidays at Green Street Library's Christmas Fair **5** A winter wonderland at the Snowman's Party at Canning Town Library

New Year, New Challenge? BDCA are seeking new staff members to join our committed team

Cafe Worker – 20 hrs per wk, Mon - Fri, 10am to 2pm
£7.50 - £8.50 per hour depending on experience

Are you a dynamic people person with a passion for creating a welcoming community cafe? Are you able to cook a variety of delicious meals with locally grown food? Are you able to create a professional, customer focused environment whilst coordinating the daily operation of a cafe? If so we would love to hear from you. The Well Cafe offers a friendly and vibrant atmosphere to our diverse customer and volunteer base. You will be a professional and dynamic person motivated by serving a range of customers and working with different projects within our charity. You will have a passion for both food and community and will develop a real sense of ownership and responsibility for the cafe.

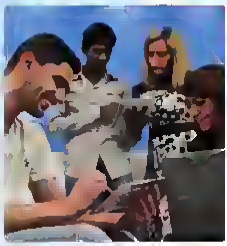
Community Centre Manager - 30 hours per week
£25 - £28k per annum (pro rata) depending on experience

We are looking for an experienced, enthusiastic, organised and flexible Centre Manager to support the running of our vibrant community facilities in Newham. You will have responsibility for facilities management, administrative, financial, human resources and staff support functions within a community setting. If you relish a challenge, have experience of managing facilities, possess excellent leadership skills, enjoy working with people from all walks of life, and working effectively in partnership with others then we would love to hear from you.

Please download application packs from *www.bonnydowns.org* or to discuss the roles further please email peter.lang@bonnydowns.org or call 020F 5E6 7117. Closing date for both roles is Friday 6th February at 5pm. Interviews week commencing 16th February 2015.

#BELIEVE IT ACHIEVE IT

BECOME AN ICT SPECIALIST WITH OUR NEW RANGE OF ICT SHORT COURSES



- **Introduction to Computer Coding 5-day course**
  An Introduction to basic programming and the jargon. You'll learn how to design, write, develop and test your own programme and mobile app using HTML5 and 'App Inventor'
- **Digital Home & Entertainment Technologies Specialist, 5-day course**
  Learn how to integrate home digital devices such as smart TVs, PCs, tablets, smart phones, entertainment systems and storage devices onto a home network

CISCO Networking Academy® Certifications

Globally recognised career certifications for people seeking entry-level ICT jobs. A comprehensive learning experience to develop career opportunities and continuing education.

- **Cisco Certified Entry Networking Technician (CCENT)**
  12 weeks blended learning (online + 12 days face-to-face)
  Module 1: Introduction to Networks
  Module 2: Routing and Switching Essentials
- **Cisco Certified Networking Associate (CCNA)**
  12 weeks blended learning (online + 12 days face-to-face)
  Module 3: Scaling Networks
  Module 4: Connecting Networks

FOR COURSE DATES AND BOOKINGS CALL 020 8257 4446 OR EMAIL EXTERNALENQUIRIES@NEWHAM.AC.UK

Newham London

NewShare

Want to buy your own home in Newham? Can't afford a large deposit or the cost of buying on the open market? Newham Council's shared equity scheme, NewShare, could help you.

For more information and advice on buying a home using shared equity visit www.newham.gov.uk/NewShare

in partnership with

Bairstow Eves

The power is in your hands

The way people register to vote has now changed. If you're not on the electoral register you may be turned away from the polling station on the day of the General Election – 7 May

[illegible] to make registering to vote more convenient, secure and modern.

Previously, the 'head of every household' registered everyone who lived at their address to vote. IER means everyone is responsible for registering themselves.

Most people who were registered to vote have been automatically registered under the new system and will not need to do anything. A letter would have been sent confirming this between July and September 2014. Those who need to re-register will have received a letter explaining what to do. If you have moved home recently you will also have to re-register otherwise you may be [illegible] on Polling Day.

To register under the new system visit **www.gov.uk/register-to-vote**

You will need to have your National Insurance Number to hand – which can be found on official paperwork such as payslips, or letters about benefits or Tax Credits – and complete the online form, which will ask for your name, address and date of birth.

Failure to register on to the electoral roll can result in a fine of up to £1,000.

Why register?

- **If you don't register, you can't vote.**
- **Not being registered to vote can affect your credit rating.**
- **Voting gives you a say on who represents you at all levels of government.**
- **Elections can be called at short notice. If you're not registered you won't be able to vote.**
- **Voting gives you a say on important issues that affect you.**

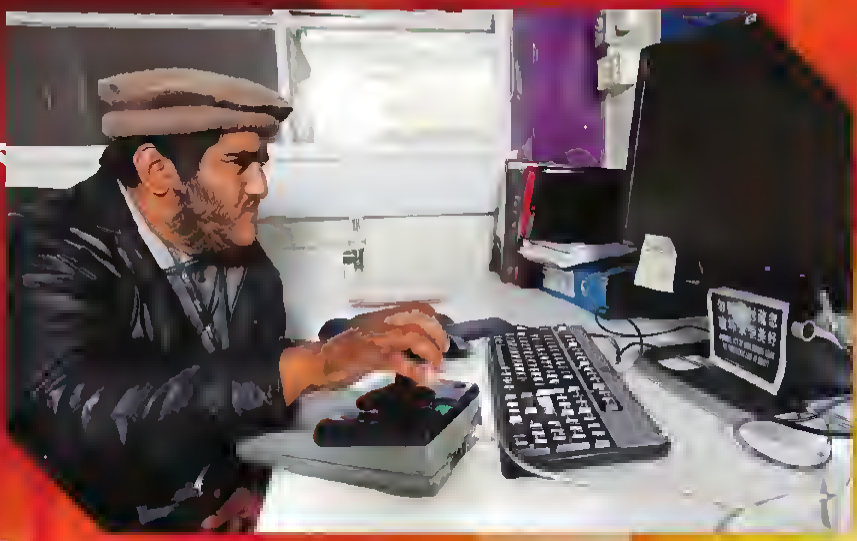
Key dates

Monday 20 April – deadline for voter registration

Tuesday 21 April – deadline for postal/proxy vote requests

Thursday 7 May – General Election

For more information go to aboutmyvote.co.uk



An enterprising opportunity

If you have an idea for a small business that can support older and disabled people the Micro-Enterprise project can help you get it off the ground.

Sadiquet Mugal from Beckton dreamed of having his own graphic and web design business. Sadiquet has significant physical needs and is a wheelchair user, but that didn't stop him from following his passion. He successfully completed courses in graphic design and information technology. With support from a personal assistant and interpreter to aid his communication, he has developed skills that enable him to work well using a PC.

Sadiquet, above, started designing websites for himself and friends, but wanted to start his own business. He had the talent to provide a professional service but needed advice about how to get his company started and find customers. Without the contacts or support he needed, Sadiquet feared his business would never take off – then he discovered Newham Council's Micro-Enterprise project.

The project supports older and disabled residents to set up small businesses, as well as those with a service that can assist either group.

Sadiquet attended free workshops where he received practical advice and support to create a business plan, giving him the know-how he needed to start his web and graphic design company. He also met other hopeful micro-entrepreneurs who have since become his customers, calling on his skills to create websites for their businesses.

Eighteen months after attending the workshops, Sadiquet is registered as a sole trader and is open for business at Sadi's Web & Graphic Design. He has successfully applied for a Micro-Enterprise grant and is looking for office premises. He said: "I had been trying to do design work on my own for ages but it wasn't working out. Through the Micro-Enterprise project I now have three or four clients and my business is off the ground."

The Micro-Enterprise project is open to older and disabled people, their families, friends and carers, as well as community groups or residents with an idea that offers a service to older and disabled people. To find out more and apply visit www.newham.gov.uk/microenterprise

If you're looking for a place to relax and surf the net from your laptop, tablet, or smartphone you can now connect wirelessly to the World Wide Web for free at all Newham libraries.

The introduction of free Wi-Fi in community neighbourhood centres, such as libraries, is the latest in a range of measures that have been transforming Newham's community spaces. As well as housing traditional reading material, you can access council services, like booking a bulky item collection, using the self-service kiosks or find out more about what's happening locally in your area.

With free Wi-Fi at Newham libraries, catch up with friends and family on social media or take in YouTube's latest offerings.

Anyone who is a member of a Newham library can access free Wi-Fi. If you're not signed up, it costs nothing to join.

Apply to join the library online by visiting **www.londonlibraries.gov.uk** or head to your local library, turn to page 30 for address details. You will need to show proof of ID and your current address, such as full British driver's licence or Council Tax/recent utility bill. Visit **www.newham.gov.uk/libraries** for more details.

You will be issued with a library card number and a unique pin which will give you unlimited Wi-Fi access across all ten of Newham's libraries.

Learn without leaving the sofa

Log onto **www.newham.gov.uk/libraryresources** and discover a world of free learning. Online resources include:

Transparent Language Online – learn to read, write and speak English, including pronunciation and grammar.

Universal Class – more than 500 free classes including yoga, digital photography, computer basics and accounting. Learn in your time from expert tutors.

Atomic training – video-based tutorials to help you learn how to use more than 500 popular computer software applications on a PC or Mac.

British citizenship test – prepare and check if you are ready for the Life in the UK test.

Theory Test Pro – get help with the UK's driving theory tests for all vehicle categories. Covers official questions from the Driving Standards Agency tests.

Encyclopaedias, dictionaries and news – all available as part of the online resource offer.

For more information about all library services visit wwww.newham.gov.uk/libraries where you can also find out about free ICT classes.

A plan of action

Newham Council wants your views on the Local Plan – a planning blueprint which ensures any changes in the built environment benefit people across the borough

Residents are particularly invited to comment on the Detailed Sites and Policies Development Plan document, which covers the following

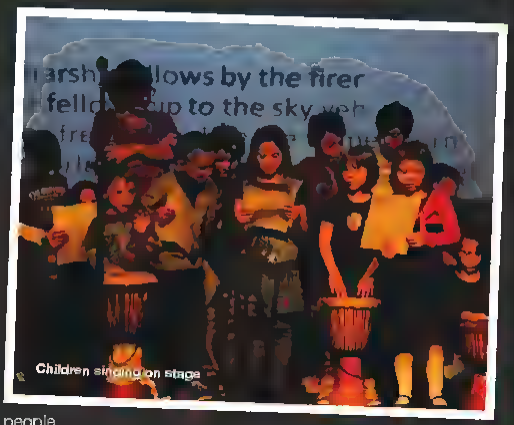
- ensuring areas for business uses and jobs are maintained
- protecting certain shops to ensure residents have them within walking distance
- deciding how many is too many in relation to things like betting shops and takeaways
- ensuring housing is designed and managed to meet quality standards and is affordable to heat and that noise and parking doesn't impact on neighbours
- protecting green spaces
- ensuring there are places that the community can use for activities

To share your opinion visit **www.newham.gov.uk/planningpolicy** before 27 February where you can view the draft Local Plan and complete a response form. Free internet and Wi-Fi access is available at all Newham libraries. For more information email **ldf@newham.gov.uk**

Woodcraft celebration

More than 200 people came together to celebrate 80 years of Newham Watersmeet Woodcraft Folk.

The event, hosted at Stratford Circus, featured local band Rags Rudi, traditional ceilidh dancing and live performances from children and young people. Irene Poole, whose parents established the Newham Woodcraft Folk in 1934, also delivered a special performance.



Children singing on stage

Newham Woodcraft spent 2014 doing 80 Great Things. This included helping people to attend camps and residentials, producing three short films and taking part in community and borough-wide events.

The event was supported by a Newham Let's Get the Party Started grant and Awards for All, part of the Big Lottery Fund.

To find out more about the Woodcraft Folk visit **www.newhamwoodcraft.org.uk**
To apply to host your own community event visit **www.newham.gov.uk/grants**

Lee Valley Velopark tickets

Outside track at VeloPark

If you have fearless loved ones who are up for some outdoor excitement, treat them to a biking adventure at Lee Valley VeloPark.

The *Newham Mag* has teamed up with Lee Valley to offer five pairs of tickets for the chance to experience an outdoor BMX, mountain bike or road session.

Residents can experience the Velodrome or BMX tracks as well as the road circuit and mountain bike trails. To be in chance of winning a pair of tickets, answer this question

How many cycling disciplines can you experience at the VeloPark?

Send your answer, name, address and telephone number to Newham Mag Competition, Marketing Department, Lee Valley Regional Park Authority, Myddleton House, Enfield, EN2 9HG or go to **visitleevalley.org.uk/competition** before 27 January 2015

January circus party

Enjoy a great family day out and help raise money for Newham NCT, the parenting charity. The charity is hosting a circus party on Saturday 31 January.

From 2-4.30pm at Bryant Street Methodist Church, E15, children aged under six can take part in circus themed fun including story and dance sessions. There will also be arts and crafts by Discover Children's Story Centre and fantastic raffle prizes to be won. The event costs £5 per family.

For more information email **newham@nct.org.uk**

LGBT survey

If you're aged over 16, live, work or stay in Newham and identify yourself as lesbian, gay, bisexual or transgender (LGBT), you can help contribute to better services for LGBT victims/survivors of domestic and sexual violence.

LGBT domestic violence charity Broken Rainbow UK is surveying people about their experiences. The survey takes around ten minutes to complete. You do not need to provide any contact details to take part and all information shared will be treated in confidence. Visit **www.brokenrainbow.org** and click on the link on the homepage.

Anonymous individual interviews and focus groups will be carried out in January and February. Contributors will be compensated with £20 worth of vouchers of your choice. Email **jasna.magic@brokenrainbow.org.uk** to find out more.

Care for carers

Newham Carers' Network is encouraging carers to sign up to a host of free activities.

A carer is someone who provides significant, unpaid support to a family member, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

On Mondays, take part in chair-based exercises, tai chi and pilates classes at 10am at St Mark's Centre, Tollgate Rd, E6.

Learn how to better care for your loved on at a safe lifting and handling workshop in Beckton on 21 January, 11 February or 29 April.

Sign up to MarchforwardTo a fitter you, which starts from 26 February. This carers' fitness challenge includes a month-long programme of activity to help you tone up and improve your health.

Try the Shape Up weight control programme starting from Tuesday 3 March at Stratford Advice Arcade.

Booking is essential. Call 020 8519 0811 or email **Rashida.Ali@renewalprogramme.org.uk** or **Jackie.Greig@renewalprogramme.org.uk**

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address, date and daytime contact telephone number on the back of your entry. Only original work will be entered.

GALLERY

Samina Varathakumars, 8

Zakiyah Khan, 8

Wafeeq Mohamed, 8

Taqiyyah Khan, 11

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** Don't forget to write your full name, age address and daytime contact telephone number on the back of your entry **Good luck!** Visit www.picturehouses.co.uk to see what's on

Stratford Picturehouse, Gerry's Square, E15

Colour-me-in Wordsearch

J	O	L	S	R	E	R	N	O	O	P	S	O	N	A	G	A	E	E	O
U	A	A	C	N	L	P	U	H	B	B	P	B	I	R	A	W	S	E	T
S	C	G	O	G	N	I	T	N	U	H	T	E	R	G	F	E	C	I	R
A	S	R	U	I	U	A	O	C	N	P	E	T	G	E	R	O	L	F	A
U	E	O	C	A	A	G	R	A	R	I	L	I	H	E	I	I	G	S	E
H	C	W	K	I	R	A	S	O	O	E	N	E	N	R	C	N	L	N	S
E	I	L	O	T	C	U	T	S	T	E	T	G	T	B	A	L	I	I	E
H	U	I	G	E	H	A	N	O	F	H	E	H	S	C	N	L	A	B	S
C	S	N	R	P	O	G	R	O	S	T	O	P	S	A	N	L	L	P	N
A	R	G	N	E	X	O	O	T	I	N	A	U	E	U	U	O	E	S	A
L	E	A	R	O	O	R	E	R	S	F	O	B	A	T	R	E	R	P	R
R	S	P	E	C	T	E	H	A	T	E	E	H	C	L	O	L	E	P	O

Africe
Asia
Cheetah
Cubs
Growling
Hunting
Jaguarundi
Predator
Running
Serengeti
Speed
Spots

Poem

Beaute Primitive

As the sun cowers to the dictatorial darkness
As the horizon embraces it tenebrosity
She appears her lustre radiates the truculent darkness.
She is the splendor of beauty
Her eyes light the horizon, more wild than the suns flare,
Her eyes so mystical that the world's greatest explorers could get lost in them.
Her gaze more soothing than the Maldivian wave.
Her hair was a cascading waterfall of Manuka honey, careering down her back finally breaking on her waist.
Her nose chiselled to perfection
Her skin like that of golden sand which brings warmth to winters howl, and like that of porcelain found on the rarest antique dolls.
Her lips as soft as altissimo roses which lay sentinel to mythical white pearls found only in the rarest oysters.
Her speech equivalent to a choir of a thousand doves singing in unison.
Her aurora greater than a thousand splendid suns.
She is more beautiful than the first spring flower.
Catching a glimpse of her like the blind experiencing the beauty of light for the first time

Anonymous, 16

TURN TO PAGE 30 FOR VENUE DETAILS

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1. **A New Home in Canning Town** – Sat 31 Jan to Fri 13 Feb, 10am 6pm, Stratford Circus, Theatre Square, E15. Free exhibition about WWI soldiers from the Royal Docks and their families. Call **020 7366 6343**

2. **Georgy Labunin** – an art exhibition, closing tea party Thurs 29 Jan, 6 8pm Beckton Globe. Last chance to see Georgy's exhibition which closes on 31 Jan. Email **labunin@gmail.com** for more details

3. **Become a healthier you** – Sat 24 Jan 2-4pm Canning Town Library. Advice on quitting smoking, health and wellbeing services. Get fit on the smoothie bike, enjoy table tennis and refreshments. Call **020 3373 0654**

MENTION THE MAG...

Award-winning theatre company LA Theatre's latest production premieres in January at The Crystal, in Canning Town. Newham Mag readers can get two tickets for the price of one.

New Atlantis is an immersive production exploring humanity's relationship with water in the year 2050 and issues such as climate change and distribution of power.

New Atlantis is showing at 1 Siemens Brothers Way, E16, from Monday 19 to Sunday 25 January. Tickets cost £20 from **www.lastheatre.com** or **www.enlightenmentcafe.co.uk**. The offer is limited to 50 residents. Enter code **waternewham**. For more information call **07800 753 507**

TRY SOMETHING NEW... BADMINTON

Ramgharia Badminton Club is serving you a treat for 2015 – enjoy half price badminton sessions at Newham Sixth Form College (NewVic), Prince Regent Lane, E13, on Wednesdays from 6.30-8pm.

Juniors and adults of all abilities are welcome come along and enjoy sessions led by qualified coaches.

A joining fee of £15 applies. Sessions are £2, each thereafter. Equipment is supplied.

Sessions costing £4 with an annual fee of £30 take place at Little Ilford School, E12, on Tuesdays and Langdon School, E6, on Fridays. For further information call **020 7540 0552** or email **ramgharia.bc@gmail.com**.

Indicates free sessions

UNDER-FIVES

Music and Rhyme
Tues, 10.30 11.15am, Custom House

Rhyme Time
Thurs 1.30-2.15pm Custom House Mon, 4-4.45pm Canning Town

Storytelling
Mon, 11am 12noon, Tues 10-11am, Beckton Globe Mon 10.30-11.15am, Custom House Tues 10.30 11.30am, Canning Town, Tues 11am 12noon The Gate Tues, 10.30-11.30am Thurs, 9.45-10.45am, East Ham, Sat 11am 12noon Green St, Fri, 11am 12noon, Manor Park Thurs 2.3pm North Woolwich Thurs, 2.3pm Plaistow, Tues and Fri 11am 12noon, Stratford

Stay and Play
Support for parents and carers to develop their child through play Term time Weds and Sat, 11am-1pm, Stratford, Thurs, 1-2.30pm, Jack Cornwell C C, Fri 10.30-11.30am The Gate Tues, 9.30-10.30am, Jeyes C C

Music and Movement
Sessions for parents/carers and children Mon 10-11am Grassroots

YOUNG PEOPLE

Board Games Club (7-13yrs)
Play chess Checkers Ludo, Pictionary and more Term time Thurs 4-6pm Green Street and Custom House Thurs, 4.30-6pm, North Woolwich, Tues and Fri 4-5pm Stratford (term time)

Homework Club (7-14yrs)
Free study support. Term time Fri, 4-5pm, Beckton and Canning

Town, Fri 3.30-5.30pm. Thurs 4-6pm. Plaistow. Fri, 4-5.30pm, East Ham, Sat, 2-3.30pm. Green St. Weds, 3.30-5.15pm. Manor Park; Mon, 3.30-4.30pm. North Woolwich. Mon, 4-6pm, Stratford. Sat, 10am-12noon, The Gate.

Gemes Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more. Tues, 3.30-5.15pm, Custom House. Thurs, 4-6pm, Canning Town. Wed, 3.30-5pm, Forest Gate. Mon, 3.30-5pm, Plaistow.

Young Police Cedets (10-12yrs)
Thurs, 4.15-5.45pm. Upton C.C.

Froud Young Project (7-16yrs)
Activities for young people. Mon, 3.30-5.30pm. Jack Cornwell C.C.

Childrsn's Movie Club
Booking essential. Thurs, 4-6pm, 7-12yrs. The Gate. Tues, 3.30-5.30pm, 0-13yrs, (under 8s must be accompanied by an adult). Green St.

Arts and Craft Workshop (5+yrs)
Fri, 3.30-5pm. Green St. Sat, 2-3pm, Custom House and Canning Town. Tues, 4-5pm. Plaistow.

Puzzles, Quizzes & Colour
Mon, 3.30-5pm, Green St.

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues, 4-5.15pm. North Woolwich. Sat, 10.30am-12noon. Manor Park.

ACTIVITIES AND SUPPORT

Time-2-Craft (16+yrs)
Sat, 10am-12noon, Stratford.

Adult Reading Group
Discuss your favourite books and discover new writers. Sat, 10-11.30am. Green St.

Chess Club
Mon, 5.30-7.30pm, East Ham. Weds, 3.30-5pm. Green St. Thurs, 5.30-7.30pm. Stratford. Thurs 23 Jan, 3.30-5.15pm, The Gate.

Ceffee Mornings
Tues, 10-11.30am. Beckton. Thurs, 10-11.30am. Canning Town. Tues, 11am-12.30pm, Custom House. Tues 13 Jan, 10.30am-12noon. Manor Park. Wed 21 Jan, 10.30am-12noon, Green St. Thurs, 10-11.30am. North Woolwich. Wed 28 Jan, 10am-12noon, The Gate. Wed 21 Jan, 10am-12noon. East Ham. Tues 20 Jan, 10.30am-12noon, Plaistow.

Do It Online (18+yrs)
Free six or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, The Gate. Tues, 10am-12noon, East Ham. Tues 10am-12noon and 2-4pm. Plaistow. Mon, 10am-12noon. Manor Park. Weds, 2-4pm, Stratford. Thurs, 10am-12noon, Green St. Thurs 10am-12noon. Katherine Rd C.C.

Knit & Netter (16+yrs)
Weds, 10am-12noon, Beckton. Fri, 10.30-11.30am. Canning Town. Fri, 10am-12noon, East Ham. Tues, 10.30am-12.30pm. Manor Park. Weds, 10.30am-12.30pm, Green St.

ICT Surgery
IT advice for all ages. Mon, 10am-12noon and 2-3pm. Plaistow. Wed, 10.30am-12noon, Stratford. Fri, 2-4pm. Canning Town.

Stratford London Toastmasters
Public speaking and leadership club. 1st and 3rd Monday of month, 6-8pm, Stratford. Fee applies. Call 020 3373 0826.

Weekly Get Together
Try new things. Weds, 10.30am-12.30pm, Green St. Call 020 3373 0857.

Love Newham app drop-in
Learn how to report issues via the app. Mon, 10.30-11.30am. The Gate.

Sexuel Heelth Advice
Mon 26 Jan, 11am-2pm. The Gate.

Inspire Futurss Drop In
Advice on ESOL and citizenship. Thurs, 2-4pm. Green St.

Community Links Drop In
Debt, housing and benefit advice. Call 020 8548 9825 to make an appointment. Thurs 22 Jan, 3.30-5.30pm, Katherine Road C.C. Mon 19 Jan, 12noon-2pm, Green St.

ESOL
Improve your English language. Mon and Weds, 12.30pm. Call 020 8522 5772 to enroll. Katherine Road C.C. Tues, 9.30am-12noon, Fri 9.30am-12.30pm. Jack Cornwell C.C. ESOL citizenship and Life in the UK preparation class. Tues, 2-5pm, Manor Park.

IC7 Drop-in Session
Set up a My Newham profile and create an email account. Fri, 10am-12noon. The Gate. Fri, 10am-12noon, Green St.

Bingo Night (16+yrs)
Thurs, 5-7pm. Green St.

Aerobic Exercise
Workout and body stretching. Mon, 9.30-10.30am. Jack Cornwell C.C. £1.50.

Exhibitions
Solo exhibition by Georgy Labunin until 31 Jan. Beckton. Open exhibition by local disabled artists until 31 Jan. Old Town Hall. Stratford.

East Hem Youth Zone
Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham.

Heppy Living Club
Indoor and outdoor activities for over 50s. Tues and Weds, 1.30-5.30pm. Jeyes C.C.

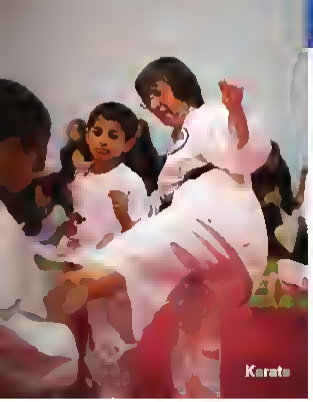
Writers Group
Thurs 29 Jan, 5.45-7.30pm, The Gate.

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr)
A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies. Email newhamnct@hotmail.com

Meet and Orset
Mums, Bumps and Babies Fri in various cafes around Newham. Visit www.netmums.com or email pjostevie@live.com

Royel Docks Leerning & Activity Centre
Mon, Needlecraft, 10am-12noon, £2
Tues, Healthy Cooking, 12noon-1.30pm. £2
Parent and Toddler Group, 10am-12noon, £1
Bingo. 10am-12noon. £1
Wed, Keep Fit, 10-11am, £2
Employment 1-2-1 support, by appointment
Job Club. 10am-2pm
Thurs, Tai Chi. £2, first session free. 10.30am-12noon
Line Dancing, £1, first session free, 1-3pm
Royal Docks Learning & Activity Centre, Albert Rd, E16



Call 020 7476 9922. Visit www.rdlac.org.uk

Junior Volunteer Police Cadets (10-12 yrs, term time)
Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1. Thurs, 4.15-5.45pm, Upton C.C, Claude Rd, E13, £1. Call 07500 881 378

Senior Volunteer Police Cadets (13-17 yrs)
Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm, 10-14yrs. Mon to Fri, 5-9pm, 14+yrs. Woodman St, North Woolwich, E16. Call 020 7474 0054

Punch Out (16+yrs)
Fri, 4-5pm, Katherine Rd C.C, 254 Katherine Rd, E7

Intense Fitness (14+)
Workouts, boxing and wrestling. Fri, 8.30-10pm, £5. The Hartley Centre, E6. Call 07878 253 642

Shoujin Karate
Wed (term time), 4.30-5.30pm, Fri, 6-7pm and 7.8.30pm. Sun, 10-11am. Under 15yrs £4, 18+yrs £6, concs £5. Newham Leisure Centre, E13. Call 07508 070 638

Docklands Shoujin Karate
Mon and Wed, juniors and beginners 7-8pm, all other grades 8-9pm. First session free, under-15yrs £4, 16+ £6, concs £5. UEL SportsDock, call 07766 685 869. Competition training, juniors (8-14yrs), Tues and Thurs, 6.30-8pm, seniors (15+ yrs), Tues and Thurs, 8-9.30pm. Beginners, juniors (8-14yrs), Wed, 6.30-7.45pm, seniors (15+ yrs), Wed, 7.45-9.15pm. From £2-£5 per class. Carpenters Docklands Centre, 98 Gibbins Rd, E15. Call 07985 601 260. www.stratfordjudo.com

West Ham Boys ABC
Mon, Wed, Fri, mixed (8-16yrs), 5-6pm. Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

HEALTH AND FITNESS

Athlefit
All ages and ability. Mon, 11am-12noon (women only). Weds, 11am-12noon (mixed). Jack Cornwell C.C

Bootcamp and Circuits with Al
Mon, 6.30-7.30pm, Chandos East Community Hub, E15. £4. Call 07956 944 252

Janice's Fitness
Mon, 7.15-7.45pm, flatter abs, £3, The Hartley Centre, E6. Call 07818 000 643

Twisted Pink Street Dance
7-11yrs, Thurs, 6-7pm, St Luke's Church, Tarling Rd, E16. 12+yrs, Fri, 6-7pm, Maryland Studioz, 84 Leytonstone Rd, E15. £3. Call 07961 544 017, visit www.twistedpink.org.uk

Zumba fitness
Mon and Weds, 7-8pm, £5 and £4 for 2nd class. Vicarage Lane Community Centre, Govier Cl, E15. Call 07500 898 665

Zumba with Jessica
Mon, 6.30pm, £2.50. Asta Community Hub, 14a Camel Rd, E16. Sat, 9.30am, circuits £4, Community Resource Centre, 200 Chargeable Ln, E13. Call 07884 951 484

Zumba
All ages. Registration essential. Bring water and a towel. Weds, 7-8pm, £5, Beckton C.C. Fri, 9.30-10.30am, £3, Jack Cornwell C.C

50+ ACTIVITIES

Age UK East London Nordic Walks (18+)
Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13. Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. For more info call 07989 938 242

Health Walks
Mon, 2pm, starts by the War Memorial, Central Park, E6. Call 07518 750 120. Tues, 10am, starts outside Pret a Manger at Stratford Station. Call 0844 414 2728. Tues, 1.30pm, starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 0844 414 2728. Wed, 10.30am, starts outside Hamfrith Centre, McGrath Rd, E15. Call 07870 291 120. Thurs, 1.30pm, starts at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 07908 744 555. Thurs, 2pm, starts by the War Memorial, Central Park, E6. Call 07518 750 120. Fri, 10.30am, starts outside St Mark's Community Centre, Tollgate Rd, E6. Call 07908 744 555.

Newham Striders
Daily walking group. Call 0844 414 2728

Nordic Walking
Wed, 9.30am. Meet at Lord Lister Health Centre, E7. Not suitable for wheelchairs. Call 07783 660 429. Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13. Sun, 10-11.30am. Meet at East Ham Leisure Centre, E6

Young at Heart
Bingo Club. Mon, 12noon-4pm, £1. Jeyes C.C

Ballroom Dancing
Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £2.50 per session. Call 07761 209 463

Tea Dance
Wed 17 Dec, 1-3pm, St Mark's CC, E6. Dancing, chat and refreshments, £1.50

Active Centre Bingo (50+yrs)
Thurs, 7-9pm, Jack Cornwell C.C

Over 50s club
Thurs, 10-12noon, Beckton

GREEN

Green Gym
Wed, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering
Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm. Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club
Fri, 11am-1pm, Bowing Green, Central Park, High St South, E6

Grow Together Be Together Community Gardening Club
Wed, 10am-1pm, Sat, 1pm-3pm. Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

DOORSTEP CLUBS

Call 0844 414 2728 unless otherwise stated

Athletics Club (14+)
A multi sport session focusing on

athletics football and the gym Tues 6-7pm Newham Leisure Centre, E13 Call 07718 394 756

Gym & Basketball (14+yrs)
Tues, 6-10pm, £2, Rokeby School Barking Rd, E16

Stunt & Tumble (14+yrs)
Thurs 7 30 9pm £5 Talent Cheer & Dance Gallions Reach Armada Wy, E6 Call 07866 612 610

FEMALE SPORTS

Basketball Sessions
Tues, 4 5pm, Chobham Academy 40 Cheering Ln, E20

Dars2Dance (12-16yrs)
Street dance, Fri, 3 30 5 30pm Newham Leisure Centre E13

Female Boxfit (14+yrs)
Mon 4 15-5 15pm Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs)
Tues, 4 5 30pm and Thurs 5 6pm Newham Leisure Centre Fri, 5 7pm Memorial Park E15

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5 30pm Newham Leisure Centre E13

Just Play (14+yrs)
Wed 6 30-8pm multi sports (term time) Cumberland School, E13 Call 0844 414 2728

Abs Blast (11-15yrs)
Thurs, 5 30-6pm £3 10, Newham Leisure Centre, E13

Athlefit (14-16yrs)
Athletic fitness Wed 5 30-6 30pm, £1 Flanders Community Centre, Napier Rd E6 Call 07718 394 756

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs
Mon and Wed 7 30-10 30pm
Tues and Thurs, 12noon-1 30pm
Sun, 3-5pm 11-15yrs. £4 65
Newham Leisure Centre E13

Get Back Into Netball
Tues 6-7 30pm juniors, 7 30 9pm seniors, £2 Lister Community School, E13 Call 07717 281 529

Julie's Mums On The Run
Wed, 10-11 30am, £5, or bring a friend and both pay £4 each Abbey Lane Park, E15 Call 07961 374 772

Keepfit
Wed 10am £1 Chandos East Centre, E15 Call 07950 944 095

Keep Fit – Stay Fit
Sat, 10 11am, £3 50 Jack Cornwell C C, E12 Call 07795 064 116

Ladies Only Keep Fit
Wed 10am £1 Chandos East Centre Chandos Rd E15
Thurs 10am £1 50 Rokeby Centre Rokeby St, E15

Sheila's Yummy Mummy Buggy (16+yrs)
Mon, 10-11 30am, £5, Central Park, High St South, E6 (meet outside cafe in the park) Fri 10-11 30am Plashet Park, Plashet Grv, E6 Call 07908 614 958

Women's Badminton
Fri 1 2 30pm East Ham Leisure Centre E6 £2, equipment provided Call 07930 162 505

Women United AFC (11+yrs)
Mon (term time), 6 7 15pm £1, Kingsford School, E6 Call 07792 932 979

Zumba and Tone
Tues, 1 15 2 15pm £1 St Bartholomew's Church Hall Barking Rd E6. Call 07944 775 679

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)
Multi sports for disabled young people Wed 5 30 6 30pm and Fri 4 45 6pm, NewVic E13

Athletics (8-16yrs)
Tues, 4 15 6 15pm Brampton Manor, Roman Rd E6
Thurs 4 30 5 55pm, St Angela's Ursuline School, E7 Email cnournce@englandathletics org

Family Swims
Sat, 4 30 5 30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13 Call 07931 788 739
Sun, 12 30-2pm, Family Swim, Balaam Leisure Centre £5 Call 020 7476 5274

Get Fit for Frse
Tues 1 30 3 30pm and Fri, 10am 12noon
Free gym use for people with learning disabilities Newham Leisure Centre E13 To book an induction call 020 7511 4477

Sensory Play (U5yrs)
Fri, (term time) 10-11 30am Oliver Thomas Children's Centre, Mathews Ave, E6 Email kathy holdsworth@oliverthomas newham sch uk or call 020 8821 0997

Swim for Families Dealing with Autism
Wed 4 5pm Balaam Leisure Centre E13 Call 020 7476 5274

Trampolining Sessions (U19yrs)
Tues, 4 30 5 30pm, U19yrs, Newham Leisure Centre, E13 Call 020 7511 4477

Support In Action (16+yrs)
Indoor and outdoor activities advice and supoort. Thurs, 12 3pm Upton C C

RUNNING

Beckton Park Run
Sat, 9am Beckton Park South E16 Call 07718 394 756 www parkrun org/beckton

East End Road Runners
Tues and Thurs, 7pm
Sun, 9am Meet on the track Coached sessions for all abilities Newham Leisure Centre, E13 Call 07979 261 647

Run England
£2 unless stated.
Sun, 10am-12noon, Newham Leisure Centre, E13, (meet on track).
Mon 4 5 30pm Newham Leisure Centre, E13 (meet on track)
Mon, 5.45-6.45pm Newham Dockside, E16 (meet at reception).
Wed 12noon 1pm Newham Dockside E16 (meet at reception)
Thurs 5 15-6 15pm UEL Docklands Campus, E16 (meet at reception)
Sat 10-11 30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion)
Sat 10 11 30am, Memorial Park E15 £4 (meet at car park) Call 07718 394 874

SPORTS

Athletics
Newham and Essex Beagles Athletics Club Mon and Wed 6 9pm Foundation Groups (8 10 yrs), Mon, 7 8pm and Wed, 6-7pm £5 Terence McMillan Stadium, Newham Leisure Centre, E13 Visit www newhamandessexbeagles co uk

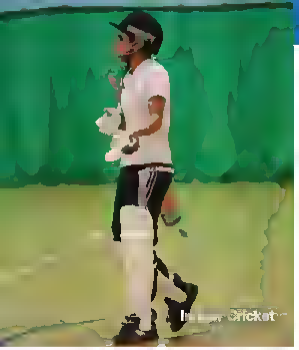
BMX (6-16yrs)
Sun 10am 12noon, £3 Gooseley Playing Fields, St Albans Ave E6 Call 07961 333 615

Fencing with Newham Swords
Tues, 6 9pm, Thurs, 6 9pm Fri 7-10pm Classes for adults (18+) and mini pirates (4-7yrs) UEL SportsDock Call 07956 618 898

Indoor Cricket (8-16yrs)
Wed 6 8pm £2 Lister Community School E13 email paul farthing @activenewham org uk

Black Arrows Badminton Club
Adults Fri 7 9pm, Juniors Sat 10am-12noon £3 70, East Ham LC Adults Weds 7 10pm, UEL SportsDock. Call 07932 037173

Woodside Badminton Club
Fri 7 30 9 30pm intermediate and club standard £5 waged/£3 unwaged, Carpenters and Dockland Centre, 98 Gibbins Rd E15 Call 07956 150 240



FOOTBALL

AIR Football (16+yrs)
Tues 1 3pm, Fri 10am 12noon Memorial Park, Memorial Ave E15
Fri, 3 5pm, Beckton Powerleague, E6
Visit www.airfootball.co.uk

Football and Athletics
Thurs 4 5 30pm Britannia Village 65 Evelyn Rd E16

Football & Multi Sports
Mon, 4-5 30pm Newham Leisure Centre, E13
Wed 5-6pm Stratford MUGA West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4 30-6pm U16yrs, U18yrs, 6-7pm Newham Leisure Centre E13

Premier League (16+yrs)
6-a side (4 subs) Weds 7 10pm Newham Leisure Centre E13

WHU Kicks
Mon Tues, Fri, 4-7pm, WHUCST, Beckton 3G 60A Albatross Cl, E6
Thurs, 6 30 7 30pm, Little Ilford Learning Zone 1 Rectory Rd, E12
Thurs, 6 30-7 30pm, Stratford Park MUGA, West Ham Ln, E15
Sat 10 30am 12noon Newham Leisure Centre, E13

Ascension Football
Sat 10 11 30am, £3 Reception to 11yrs King George V Park King George Ave E16 Call 07806 584 925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6 30pm, 8-19yrs, Snowshill MUGA Snowshill Rd, E12

Basketball Sessions
Thurs 5 30 6 30pm Little Ilford Learning Zone, 1 Rectory Rd E12

National League
Mon 6 8pm U13/14yrs, Tues 6 8pm U15/16yrs, Rokeby School, E16
Thurs, 4 30-6pm, U13/14yrs boys, U14yrs girls 6 8pm, U16yrs, Newham Leisure Centre, E13, 6 8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5 7pm East Ham Leisure Centre To register email sports@newham ac uk or call 020 8257 4255

Senior Programme
Mon 7 30 9 30pm Division 2 women and division 3/4 men Rokeby School, E16 Call 07947 401 616

Newham All Star Sports Academy (NASSA)
Sessions £1 unless indicated
Juniors Fri 4 6pm Cumberland School E13
National league U13yrs, U14yrs, U16yrs, Tues, 6-8pm Rokeby School, E16
National league U18yrs, Tues 8 10pm, Rokeby School, E16
National league U13yrs, U14yrs, U16yrs, Thurs, 6-8pm, SportsDock
National league U18yrs, Tues 8 10pm UEL SportsDock
Junior boys and girls, Sat 10 20am-12 20pm, UEL SportsDock, £2
Call 07703 503 995
www nassasports org uk

Youngbloods Basketball
All sessions cost £1
U12yrs mixed, Sat 1 3pm East Ham Leisure Centre E6
U13/14yrs boys, Mon, 6-8pm and Wed, 4 30-6pm, St Angela's School E7
U13/14yrs girls Mon 4 30-6pm and Wed 4 30 6pm, St Angela's School E7
U15/16yrs boys, Tues, 6 8pm, St Angela's School, E7 Thurs, 8pm, St Bonaventure's School, E7
U17/18yrs boys Mon and Wed 8 10pm St Angela's School E7 Call 07958 307 657

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall Barking Rd, E6 unless otherwise stated
Mon 19 Jan, 7pm, *Local Development Committee*
Tues 20 Jan, 7pm, *Strategic Development Committee Old Town Hall Stratford*
Wed 21 Jan, 7pm, *Crime and Disorder Scrutiny Commission*
7pm, *Health and Social Care Scrutiny Commission*
Thurs 22 Jan, 10am, *Licensing (2003 Act) Sub-committee*
5pm, *Cabinet*
5.05pm, *Mayoral Proceedings*
Mon 26 Jan, 2pm, *Newham Partnership – Ending Gangs and Youth Violence Delivery Group Old Town Hall Stratford*
Tues 27 Jan, 10am, *Licensing (2003 Act) Sub-committee*
4.30pm, *Newham Partnership – Children and Young People Trust*
7pm, *Overview and Scrutiny Committee*
Wed 28 Jan, 2pm *Newham Partnership – Community Safety Partnership Executive Group*

CONTACT THE MAYOR

Surgery
Tues 20 Jan, 5pm, *Newham Town Hall Barking Road E6*
Sat 24 Jan, 5pm, *Newham Town Hall Barking Road, E6*

Telephone surgery
Wed 28 Jan. *Call 020 8430 2000 from 9 30-10 30am and leave your details The Mayor will call you back at a later time*

CONTACT DETAILS

LIBRARIES

Beckton Globe
1 Kingsford Wy, E6
Canning Town *Barking Rd, E16*
Custom House
Prince Regent Ln, E16
East Ham *328 Barking Rd, E6*
Green Street *337-341 Green St, E13*
The Gate *6-8 Woodgrange Rd, E7*
Manor Park
685-691 Romford Rd, E12
North Woolwich
5 Pier Parade, E16
Plaistow *North St, E13*
Stratford *3 The Grove, E15*
Archives and Local Studies
Call 020 3373 6881
email archiveslocalstudies @newham.gov.uk

LEISURE & SPORTS VENUES

Balaam Leisure Centre
14 Balaam St, E13
East Ham Leisure Centre
324 Barking Rd, E6
Newham Leisure Centre
281 Prince Regent Ln, E13
NewVic *Prince Regent Ln, E13*
UEL SportsDock *Docklands Campus, University Way, E16*

COMMUNITY CENTRES (C.C)

Beckton Community Centre
14 Manor Wy, E6, 020 7511 1214
Field Community Centre
147 Station Rd, E7
020 8536 2800
Grassroots Centre *Memorial Park, Memorial Ave, E15*
020 3373 0650
The Hartley Centre
267 Barking Rd, E6
The Hub *123 Star Ln, E16*
020 3373 0750
Jack Cornwell Community Centre *Jack Cornwell St, E12*
020 8553 3459
Jeyes Community Centre
1 James Cl, E13, 020 8548 9825
Katharine Road Community Centre *254 Katherine Rd, E7*
020 8548 9825
St Mark's Community Centre
218 Tollgate Rd, E6
020 7511 1214
Upton Community Centre
Claude Rd, E13, 020 8471 0040
Vicarage Ln Community Centre
Govier Cl, E15, 020 8519 0235

THE CRITICALLY ACCLAIMED FIRST WORLD WAR MUSICAL RETURNS FOR 12 PERFORMANCES ONLY
The THEATRE ROYAL STRATFORD EAST production of
OH WHAT A LOVELY WAR
THE MUSICAL
JOAN LITTLEWOOD'S Musical Entertainment OH WHAT A LOVELY WAR
by Theatre Workshop Charles Chilton, Gerry Raffles and Members of the Original Cast.
Film sequences by Ted Allen, Military Adviser Raymond Ritchie
FEATURING
WENDI PETERS AND
IAN REDDINGTON
020 8534 0310
29 JAN - 7 FEB 2015
STRATFORD EAST.COM
THEATRE ROYAL
STRATFORD EAST
GERRY RAFFLES SQ, E15 1BN
...a people's theatre
DAILY TELEGRAPH · THE TIMES
GUARDIAN EVENING STANDARD
FINANCIAL TIMES WHATSONSTAGE
Co No. 246 3343 37
Charity No 233601
Reg No 536291
'A classic for a new generation' THE GUARDIAN

Barts Health NHS
NHS Trust

A&E is for emergencies only

An emergency is a condition that can cause loss of life or limb.

For all other healthcare needs visit **www.nhs.uk**, call **NHS 111** for urgent medical advice or think:

Self care

- ☑ Stock up on medicines
- ☑ Stay at home
- ☑ Get plenty of rest

Pharmacy

- ☑ Experienced pharmacists
- ☑ No appointment needed
- ☑ Expert advice on medications

GP

- ☑ Experienced doctors
- ☑ Appointment system
- ☑ Early morning, evening and Saturday appointments

NHS Symptom Checker

- ☑ Online access
- ☑ Check your symptoms
- ☑ Advice on what to do next

অন্যসব স্বাস্থ্যসেবা চাহিদার জন্যে দেখুন www.nhs.uk, জরুরী মেডিকেল পরামর্শের জন্যে এন.এইচ.এস 111 নম্বরে কল করুন অথবা ভাবুন

আত্ম সেবা

- ☑ ঔষুধ সংগ্রহ করুন
- ☑ বাসায় থাকুন
- ☑ যথেষ্ট বিশ্রাম করুন

ফার্মাসী

- ☑ অভিজ্ঞ ফার্মাসিস্ট
- ☑ কোনো এপয়েন্টমেন্টের প্রয়োজন নেই
- ☑ ঔষুধের উপর বিশেষজ্ঞের পরামর্শ

জিপি

- ☑ অভিজ্ঞ ডাক্তার
- ☑ এপয়েন্টমেন্ট ব্যবস্থা
- ☑ অনেক সকাল, সন্ধ্যা ও শনিবারের এপয়েন্টমেন্ট

এন.এইচ.এস উপসর্গ পরীক্ষক

- ☑ অনলাইন সুযোগ
- ☑ আপনার উপসর্গ পরীক্ষা করুন
- ☑ এরপর কি করতে হবে তার পরামর্শ দিন

W razie posiadania innych potrzeb zdrowotnych proszę odwiedzić stronę **www.nhs.uk**, w celu uzyskania pilnej porady medycznej zadzwonić pod numer **NHS 111** lub skorzystać z.

Samoopieki

- ☑ Uzupełnij leki w domowej apteczce
- ☑ Pozostań w domu
- ☑ Dużo odpoczywaj

Apteki

- ☑ Doświadczeni farmaceuci
- ☑ Brak wyznaczonych wizyt
- ☑ Profesjonalne porady odnośnie leków

Usług lekarza pierwszego kontaktu *(GP)*

- ☑ Doświadczeni lekarze
- ☑ System umówionych wizyt
- ☑ Wizyty poranne, wieczorne oraz sobotnie

Leksykonu Objawów NHS *(NHS Symptom Checker)*

- ☑ Dostęp online
- ☑ Sprawdź swoje objawy
- ☑ Porada odnośnie dalszego działania